



The H Factor Solution: (Homocysteine, the Best Single Indicator of Whether You Are Likely to Live Long or Die Young) (Easyread Large Edition)

By James Braly

ReadHowYouWant. Paperback. Condition: New. 420 pages. Dimensions: 9.9in. x 7.7in. x 1.1in. THE H-FACTOR SOLUTION: Homocysteine is the Best Single Indicator of Whether You Are Likely to Live Long or Die Young. Staying healthy, happy, clearheaded, and full of energy into old age - this is what we all want. But insuring that we do depends on how well we can read the state of our health. What if there was a single test that could do that, as well as point the way to a super healthy future? Fortunately, there is. This test measures your level of homocysteine, an amino acid that is found naturally in the blood. High levels of homocysteine, or a high H score, predicts your risk of more than 100 diseases and medical conditions, including Alzheimers disease, cardiovascular disease, cancer, and depression. In fact, it is even more accurate than a cholesterol reading for predicting the risk of a heart attack or stroke. It also is the single best functional indicator of folate, B12, and B6 vitamin status. When homocysteine is high, one or more of these vitamins is low. Moreover, elevated homocysteine is an excellent biological marker for glutathione, SAME, L-cysteine, and methyl donor deficiencies;...



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